Effective studying is a learned skill that you can practice daily. Use the Study Cycle to get the most out of in-class time and structure your routine out of class.

**THE STUDY CYCLE**

- **PREVIEW**
  - Skim new material.
  - Note main ideas.
  - Form big picture.

- **ATTEND**
  - Go to class!
  - Take notes.
  - Ask questions.

- **CHECK**
  - Can I teach this?
  - Have I MASTERED the information?

- **REVIEW**
  - Read notes.
  - Fill in gaps.
  - Form questions.

- **STUDY**
  - Complete multiple Focused Study Sessions before class meets again.

- **FOCUSED STUDY SESSION**
  - Schedule as many study sessions as needed to master the material.

- **PLAN**
  - Set a specific goal.

- **STUDY**
  - Use effective study strategies to deeply engage with the material by using concept maps, read for comprehension, work problems and more.

- **BREAK**
  - Step away. Clear your mind.

- **RECAP**
  - Summarize. Wrap-up.

- **CHOOSE**
  - Continue studying?
  - Take a longer break?
  - Change tasks or subjects?

Adapted from Frank Chui’s PARS system.

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